

# KNOW YOUR BREASTS

The logo consists of a dark pink, irregular, rounded shape with a lighter pink shadow behind it. Inside the shape, the words "TOUCH", "LOOK", and "CHECK" are stacked vertically in white, uppercase, sans-serif font. A small "TM" trademark symbol is positioned to the right of the word "CHECK".

TOUCH  
LOOK  
CHECK<sup>TM</sup>

BREAST  
CANCER  
NOW

The research &  
support charity

# YOU KNOW YOUR BODY BETTER THAN ANYONE

Getting to know how your breasts look and feel normally means you'll be able to notice any unusual changes.

A change to the way your breasts feel or look could be a sign of cancer. So get any new or unusual changes checked by a GP.

Most breast changes, including lumps, are not cancer. But the sooner breast cancer is found, the more successful treatment is likely to be.

# CHECKING YOUR BREASTS IS AS EASY AS TLC

## **TOUCH** your breasts

Can you feel anything new or unusual?

## **LOOK** for changes

Does anything look different to you?

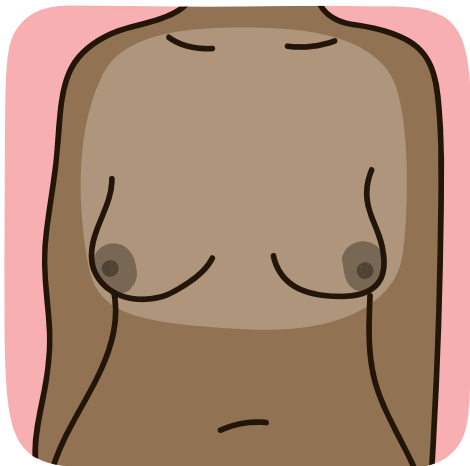
## **CHECK** any new or unusual changes with a GP

# CHANGES TO LOOK AND FEEL FOR

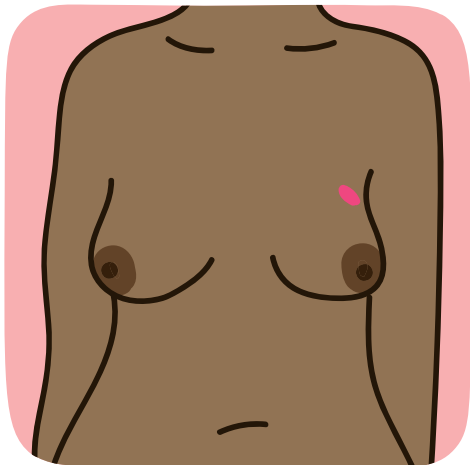
There's no special way to check your breasts and you do not need any training. Everyone will have their own way of touching and looking for changes.

Get used to checking regularly and be aware of anything that's new or different for you.

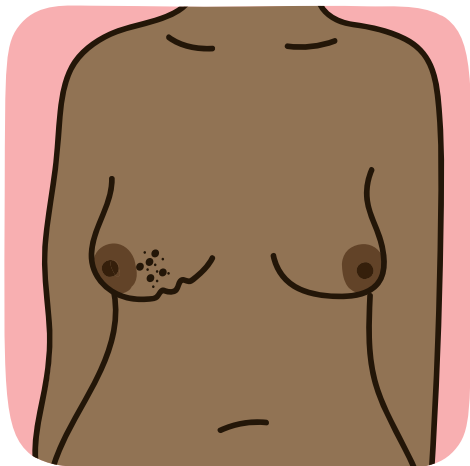
Some of these signs and symptoms may appear differently on various skin tones.



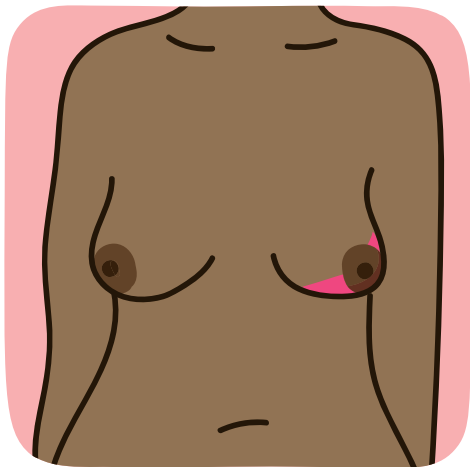
Check your whole breast area, including up to your collarbone (upper chest) and armpits for **changes**.



A **lump or swelling** in  
the breast, upper chest  
or armpit

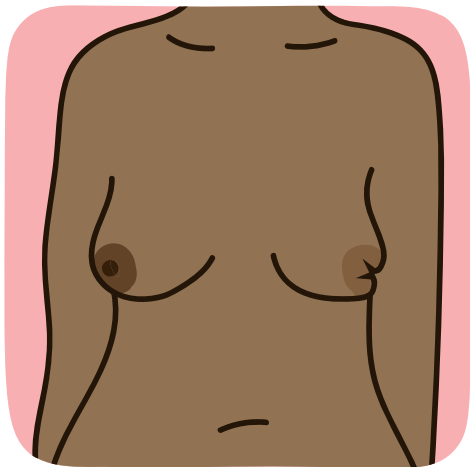


A **change to the skin**, such as puckering or dimpling

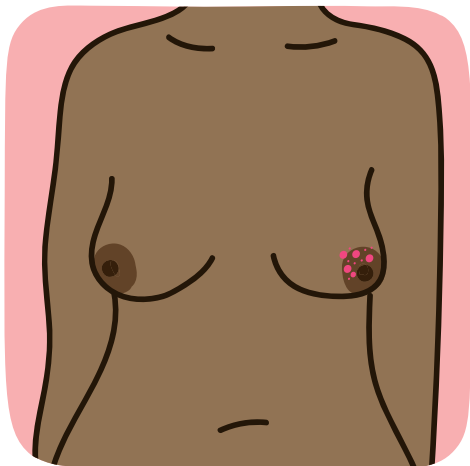


A change to the **colour** of the breast – the breast may look darker, red or inflamed

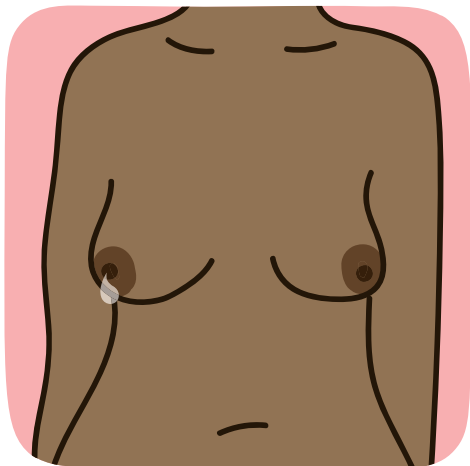




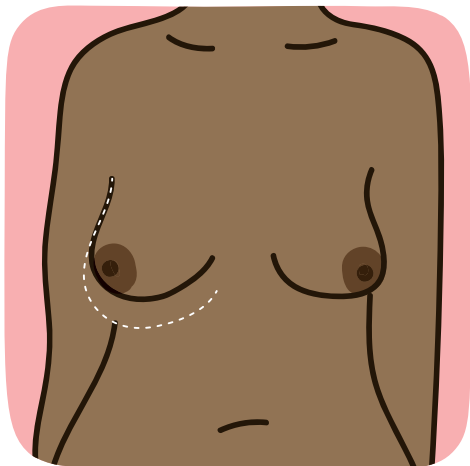
A **nipple change**, for example it has become pulled in (inverted)



**Rash or crusting** around  
the nipple



**Unusual liquid** (discharge)  
from either nipple



**Changes in size or shape**  
of the breast

On its own, pain in your breasts is not usually a sign of breast cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

These illustrations are meant as a guide. Check anything that looks or feels different for you with a GP.

# ALL YOU NEED TO REMEMBER IS TLC

**TOUCH** your breasts

**LOOK** for changes

**CHECK** any new or unusual  
changes with a GP

Breast cancer is most common in women over 50. While uncommon, it can also affect younger women.

Men can also get breast cancer, but this is very rare.

Get into the habit of regularly checking your breasts.

# WE'RE HERE FOR YOU

We want everyone to have the confidence to check their breasts and report any new or unusual changes.

If you have any questions or worries about your breasts or breast cancer, call us free and confidentially.

**0808 800 6000**



**BREAST  
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